

**A STUDY ON WORKLIFE BALANCE AMONG FEMALE  
LECTURER TOWARDS JOB SATISFACTION IN UiTM  
JENGA, PAHANG**

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## ABSTRACT

The purpose of this research is to identify the element of work-life balance and to investigate which element of the work-life balance that influence job satisfaction among female lecturers in UiTM Jengka, Pahang. The elements in the Work Life balance including workload, work commitment and work family conflict. Workload is the amount of work assigned to or expected from a worker in a specified time period. While the meaning of work commitment is a duty or responsibility that you have expected. The last element is work family conflict which is a form of inter role conflict in which the role pressures from the work and family domains are mutually incompatible in some respect. Questionnaires were prepared and a research had been conducted in the UiTM Jengka, Pahang.

The results show that most of the respondents agreed that the imbalance in work life will affect the job satisfaction. They feel that multiple job that appointed to them by the organization contribute to their stressful life because sometimes they are not able to do their responsibility at work and at home. Even though they are stressful but they still satisfied with the job because they feel that the work is interesting. That is the reason why they disagree to leave this profession because they just unsatisfied with the way their organization managed the work which is sometimes affect their work life balance.

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